For More Information, Contact:

Virginia Department for the Aging

1610 Forest Avenue, Suite 100 Richmond, VA 23229 Toll-free: 1-800-552-3402

Richmond: 804-662-9333

E-mail: aging@vda.virginia.gov Web Site: www.vda.virginia.gov

Virginia Department of Agriculture and Consumer Services

Division of Marketing 1100 Bank Street, Room 908 Richmond, VA 23219

Richmond: 804-786-2112

Web Site: www.vdacs.virginia.gov

Vanuenas Demarcanero

Produce for Better Health Foundation

Web Site: www.5aday.com

Information on locally-grown Virginia produce

Web Site: www.virginiagrown.com

United States Department of Agriculture, Food and Nutrition Services

3101 Park Center Drive Alexandria, Virginia 22302

Web Site: www.fns.usda.gov/wic/

SeniorFMNP/SFMNPmenu.htm

Farm Market Fresh For Seniors

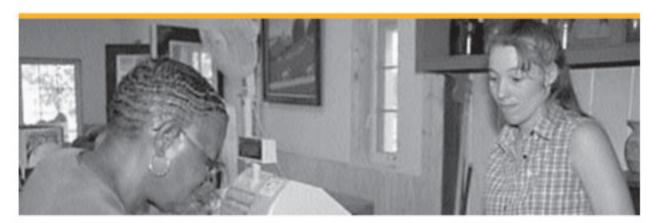


Virginia's Senior Farmers Market **Nutrition Program**









What is Farm Market Fresh For Seniors?

Virginia's Farm Market Fresh for Seniors program helps seniors get free, locally-grown fresh fruits, vegetables and cut herbs available during the growing season.







How does Farm Market Fresh for Seniors Work?

- You are eligible to participate in the program if you meet the criteria outlined below and if you enroll during the PRE-ENROLLMENT period. Participation is on a FIRST-COME, FIRST-SERVED basis, and the number of people who can enroll is limited. Contact your local Area Agency on Aging for details.
- Once you are enrolled, you will receive your Farm Market Fresh for Seniors coupons. Each coupon is worth \$5.00. Individuals enrolled in the program will receive \$40.00 worth of coupons. Enrolled couples will receive \$65.00 worth of coupons.
- Each \$5.00 coupon may be used to purchase fresh, locally-grown fruits, vegetables and cut herbs from participating certified retail farmers market vendors. You will not receive change back on your purchase when you use a Farm Market Fresh for Seniors coupon.
- Certified retail farmers market vendors will exchange coupons for fresh fruits and vegetables in-season, depending on the season and the food items available for the farmer to exchange.

Why participate in the Farm Market Fresh for Seniors program?

- To get FRESH, TASTY and NUTRITIOUS locally-grown fruits, vegetables and cut herbs.
- To get 5 or more daily servings of tasty fruits and vegetables for better health.
- To support the farmers in your region.
- There is no cost to you.



Do I qualify?

You qualify to participate if:

- You are 60 years of age or over, AND -
- You are a Virginia resident, AND -
- You do not live in the same household as the farmer who grows the produce, AND -
- You are not an immediate family member of the farmer who grows the produce, AND -
- You meet the program's income requirements.



How do I sign up for the Farm Market Fresh for Seniors program?

Call your Area Agency on Aging (see list below) and ask for details on how you might participate.

For Southwest Virginia, call:

District Three Senior Services 1-866-820-2646 or 4453 Lee Highway 276-783-8158 Marion, VA 24354-4269

For Arlington County, call:

Arlington Agency on Aging 703-228-1700

3033 Wilson Blvd., Suite 700-B

Arlington, VA 22201

For Southeastern Virginia, call:

Senior Services of Southeastern Virginia 757-461-9481

6350 Center Drive, Bldg. 5, Suite 101

Norfolk, VA 23502-410

For Eastern Shore of Virginia, call:

Eastern Shore Area Agency on Aging- 757-787-3532

Community Action Agency, Inc.

49 Market Street

Onancock, VA 23417-0008

For Shenandoah Valley, call:

Valley Program for Aging Services, Inc. 1-800-868-8727 or 325 Pine Avenue 540-949-7141

Waynesboro, VA 22980-0603

For Southern Virginia, call:

Southern Area Agency on Aging, Inc.
433 Commonwealth Boulevard E, Suite A
276-632-6442

Martinsville, VA 24112-2020

If you qualify, sign up through the Area Agency on Aging that serves your community. Participation is LIMITED. The Virginia Farm Market Fresh for Seniors Program is funded through a grant from the USDA and locally sponsored by the Virginia Department for the Aging and the Virginia Department of Agriculture and Consumer Services.



These are typical fruits and vegetables that may be found at Virginia's retail farmers markets in a normal season. The varieties, volume and quality of available produce may vary depending on the weather and other factors. Farm Market Fresh coupons may be used only for these typical, locally-produced fresh fruits, vegetables and cut herbs.

VEGETABLES

Broccoli

Cabbage

Cucumbers

Eggplant

Greens

Green or snap beans

Green peppers

Lima beans - shelled and unshelled

Potatoes - Irish or round white

Pumpkins

Spinach

Squash - fall, winter and summer types

Sweet corn

Sweet potatoes

FRUITS

Apples

Blackberries

Cantaloupe Nectarines

Peaches

Pears

Strawberries

Tomatoes

Watermelons

OTHER

Fresh cut herbs